

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1. (Currently Amended) An apparatus for so-called slot-in exercise in a workplace environment, or for warming-up before exercising sports or games and comprising a resistance device (2) disposed to exercise resistance to a movement to which it is subjected by a user, the resistance device (2) having a gripping member (4) by means of which it is activated by the user, ~~characterised by~~ wherein a spacer (1) of a predetermined length at least during use, the resistance device (2) being connected to the spacer (1) and an abutment (3) which is disposed on the spacer (1) and which is disposed to be brought into contact with the user for transfer thereto of at least a part of the reaction forces that are transferred to the spacer (1) from the resistance device (2).

2. (Currently Amended) The apparatus as claimed in Claim 1, ~~characterised in that~~ wherein the spacer (1) has a first end region and a second end region in which the abutment (3) is disposed, and that the resistance device (2) has an anchorage point in the spacer (1) which is movable along the spacer from the first end region at least a part of the length of the spacer towards the second end region.

3. (Currently Amended) The apparatus as claimed in Claim 1, ~~or 2, characterised in that~~ wherein the predetermined length of the spacer (1) is substantially constant and independent of the force to which it is subjected by the resistance device (2).
4. (Currently Amended) The apparatus as claimed in ~~any of Claims 1 to 3, characterised in that~~ claim 1, wherein the predetermined length of the spacer (1) is greater than the length of the resistance device (2) when this is in the unloaded state.
5. (Currently Amended) The apparatus as claimed in ~~any of Claims 1 to 4, characterised in that~~ claim 1, wherein the abutment (3) is in the form of a plate.
6. (Currently Amended) The apparatus as claimed in Claim 5, ~~characterised in that~~ wherein the plate has a padding (19) on that side which is intended for abutment against the user.
7. (Currently Amended) The apparatus as claimed in ~~any of Claims 1 to 6, characterised in that~~ claim 1, wherein the resistance device (2) includes an elastic, stretchable element.
8. (Currently Amended) The apparatus as claimed in ~~any of Claims 1 to 6, characterised in that~~ claim 1, wherein the resistance device (2) includes a weight loading.
9. (Currently Amended) The apparatus as claimed in ~~any of Claims 1 to 6, characterised in that~~ claim 1, wherein the resistance device (2) includes a brake member.
10. (Currently Amended) The apparatus as claimed in ~~any of Claims 1 to 9, characterised in that~~ claim 1, wherein the resistance device (2) is a double device with two equal branches, each branch having a gripping member (4).
11. (Currently Amended) The apparatus as claimed in ~~any of Claims 1 to 10, characterised in that~~ claim 1, wherein the spacer (1) is connected to a support member (6) which is disposed to keep the spacer (1) in a position suitable for exercise.

12. (Currently Amended) The apparatus as claimed in Claim 11, ~~characterised in that~~ wherein the support member (6) has a bottom portion (7) which is disposed for placing on a substrate, preferably a floor, and which is positioned in relation to the spacer (4) so that, when the user stands on the bottom portion (7), the spacer (4) is in a position suitable for exercise.

13. (Currently Amended) The apparatus as claimed in Claim 11, ~~or 12, characterised in that~~ wherein the support member (6) or the spacer (4) includes an anchorage (13) for securing in a wall (14).

14. (Currently Amended) The apparatus as claimed in ~~any of Claims 1 to 13,~~ ~~characterised in that~~ claim 1, wherein the spacer (4) is designed as a bar.

15. (Currently Amended) The apparatus as claimed in ~~any of Claims 1 to 9,~~ ~~characterised in that~~ claim 1, wherein the spacer (4) has anchorages (18, 20) for securing on an item of furniture, preferably a table top (17).

16. (Currently Amended) The apparatus as claimed in ~~any of Claims 1 to 9,~~ ~~characterised in that~~ claim 1, wherein the spacer (4) is an item of furniture or a part thereof, in particular a table top (17).

17. (Currently Amended) The apparatus as claimed in ~~any of Claims 11 to 16,~~ ~~characterised in that~~ claim 1, wherein the support member (6) is an item of furniture.

18. (Currently Amended) The apparatus as claimed in ~~any of Claims 1 to 9,~~ ~~characterised in that~~ claim 1, wherein the spacer 1 has anchorages for securing on a mobile unit.

19. (Currently Amended) The apparatus as claimed in Claim 18, ~~characterised in that~~ wherein the mobile unit is a cleaning trolley, a golf bag or a golf cart.

20. (Currently Amended) The apparatus as claimed in ~~any of the preceding Claims,~~
~~characterised in that~~ claim 1, wherein a number of sensors for sensing exercise parameters,
such as protraction length/-force/-speed of the abutment (3), times for and duration of exercise,
selected settings of the apparatus etc., and for storage thereof in a computer.